

# Boot Camp



It is a total body workout that includes anaerobic capacity, aerobic capacity, skill development, balance, flexibility, muscular strength, and muscular endurance exercises. Come and try it out and get in the best shape of your life and be prepared to challenge your body to the fullest.

**Where:** Little Axe Resource Center

**When:** Tuesday & Thursday

**Time:** 11am~12pm

For more information call us at (405) 364-7298.

